

Bounce Back with Max: A Resilience Quiz

Learning objective: To understand the meaning of resilience, identify strategies for overcoming challenges, and recognise the importance of a growth mindset.

Max the monkey is helping us learn about being resilient! Read the questions carefully and choose the best answer. Remember, resilience is all about how we handle tricky situations.

Answer Key: 1) C*, 2) True, 3) B*, 4) Perseverance, 5) False, 6) A*, 7) True, 8) A*, 9) True, 10) Mistakes. Resilience means trying again when things go wrong and knowing that we can improve with practice.

Word bank: Resilience · Challenge · Mistake · Perseverance · Mindset · Support · Goal

1. 1. Max is trying to solve a tricky maths puzzle but gets it wrong. What is the most resilient thing he can do? A) Give up and stop trying. B) Get angry and throw the paper. C) Look at his mistake and try a different way.* D) Ask someone else to do it for him. (1 mark)

2. 2. True or False: Resilience means that you never feel sad or frustrated when things are hard. (1 mark)

3. 3. Which word describes the ability to keep trying even when a task is difficult? A) Speed. B) Perseverance.* C) Silence. D) Luck. (1 mark)

4. 4. Fill in the blank: If you fall off your bike, getting back on and pedalling again is a great example of _____. (1 mark)

5. 5. True or False: People are born with all the resilience they will ever have and cannot grow it. (1 mark)

6. 6. Why is it helpful to talk to a friend or teacher when you are stuck? A) They can offer support and a new perspective.* B) They will do the work for you. C) It is against the rules to be stuck. D) It makes the work go away. (1 mark)

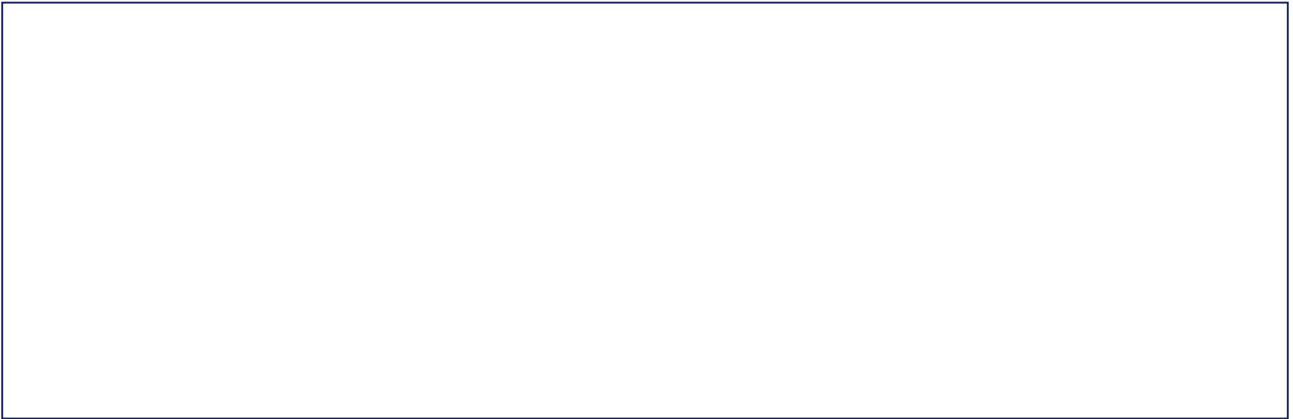
7. 7. True or False: A 'growth mindset' means believing that your brain can get stronger through practice. (1 mark)

8. 8. If a task feels impossible, what is a good first step? A) Break the task into smaller, easier steps.* B) Stop working immediately. C) Tell everyone you are bad at it. D) Wait until the next day to start. (1 mark)

9. 9. True or False: Making a mistake is a normal part of learning something new. (1 mark)

10. 10. One-word answer: What do we call the things we learn from when we don't get something right the first time? (1 mark)

Draw: Draw a picture of Max the monkey trying something new, like building a tall tower out of wooden blocks. Show what he does when one block wobbles or falls over!



Extension challenge: Write a short poem (4 lines) about a time you found something difficult but kept going until you succeeded. You could even read it to Leo the lion for his poetry collection!